

HAWAII MARINE SPORTS

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Prop Guns buzz by Warriors, 5-4

Lance Cpl. Brian A. Marion

Combat Correspondent

Commander, Patrol and Reconnaissance Wing 2 Prop Guns squeaked by the Headquarters Battalion Warriors, 5-4, during an Intramural Baseball League regular season game at Riseley Field here Monday.

In the bottom of the seventh, a gap in the Warrior's defense gave Adam Hubbard, center fielder, Prop Guns, the winning run of the game.

Although the Prop Guns hadn't practiced since before their last game, their coach decided to cancel the practice on the weekend.

"This is going to be a fun game," said Matthew Lawyer, Prop Guns' coach. "I like to play Headquarters Battalion. They are a good team and one of the funnest teams to play. I didn't schedule any practices this weekend to allow them to spend time with their families for Easter."

The Prop Guns came out flying in the top of the first with J.R. Barajas, first baseman, Ryan Bruno, catcher, and Adam Pace, short stop, giving the Prop Guns their biggest lead of the game with one run from each of them.



Lance Cpl. Brian A. Marion

Kalani Mauga, third baseman, Headquarters Battalion Warriors smacks a ball into the outfield during an Intramural Baseball League regular season game against Commander, Patrol and Reconnaissance Wing 2 Prop Guns at Riseley Field here Monday.

See BUZZ, C-5



Lance Cpl. Achilles Tsantarliotis

Ed Campbell, personal trainer, Semper Fit Gym, chose his profession from a lifetime of physical training and a joy of helping people feel and look better. Campbell has been working out since freshman year in high school, and has placed three times in the top three of the "Mr. Hawaiian Islands" bodybuilding competition.

Personal trainer loves fitness, job

Lance Cpl. Achilles Tsantarliotis

Combat Correspondent

Working out since his freshman year of high school, Ed Campbell realized his profession of choice decades after collecting his diploma and a decade of security work.

That profession is a personal trainer.

Working as a personal trainer at the Semper Fit Center for just over three years, the 37-year-old fitness enthusiast realized his career of choice after taking on a lifestyle he enjoys, a pastime of helping friends and family in the gym, and combining them together to construct his ideal job.

"I like seeing people feel better – look better," said Campbell, who was born and raised on Oahu. "And that improves other parts of your life. I decided to choose this as my job because I wanted to help people and see them grow, improve themselves."

See TRAINER, C-5

MCAF redefines word slaughter, leaving VPU-2 in dust 43-22

Lance Cpl. Achilles Tsantarliotis

Combat Correspondent

Relentless offense and tight defense led to Marine Corps Air Facility's massacre of Patrol Squadron Special Projects Unit 2 during a playoff basketball game Tuesday at the Semper Fit Center.

Marine Corps Air Facility looked determined from the beginning to shatter their opponent, keeping nearly a 20-point lead the entire game, allowing VPU-2 to score most of their points by foul shots because of the constant defensive pressure.

"We started off a little slow," said Brenden Rashed, VPU-2 Coach, during the first half. "We're a little worried, but we just got to pick it up on [defense]."

Marine Corps Air Wing looked like a

solid, well-trained, cohesive team as they continuously exposed their open man, or created an open man by tripping up VPU-2's defenders and swooping in for an easy lay-up.

With VPU-2 huffing and puffing near the end of the first half, MCAF set a solid foundation for a guaranteed win, letting the buzzer ring their lead, 22-7.

"We're hoping we can pull it off," said Rashed, already appearing defeated. "We're playing with some new guys and really haven't practiced. But it's not over yet."

The second half unfortunately showed little hope for VPU-2. MCAF was as fierce as when they started the game, leaving VPU-2 with inner team confusion and anger, yelling at their own teammates and showing signs of carelessness.

As the game neared its end VPU-2 continued to attempt to close in on the massive gap MCAF left them. With a minute left they were down by roughly half, 41-19.

"We're having a hard time with our field goals," said Adam James, shooting guard, MCAF. "Most of our shots are in the paint, but luckily we kept it up and it doesn't look too good for [VPU-2]. We would have crushed them by more, but we kept fouling them – just about all of their shots are from the line."

Fortunately for VPU-2 their embarrassing upset ended with the glorious sound of the buzzer, ending the game at 43-22.

"Well, we gotta give it to them, they didn't give up," said James Roberts, coach, MCAF. "We just found the open guy and got 'em the ball. Nothing fancy, just the basics of basketball."



Lance Cpl. Achilles Tsantarliotis

Patrol Squadron Special Projects Unit 2 scrambles for one of their few fast breaks, hoping to close the roughly 20-point gap during a playoff game against MCAF Tuesday at the Semper Fit Center.



Cadet Micah Palakiko, MCJROTC, Castle High School, receives help from another cadet on the obstacle course at Landing Zone Boondocker here during the cadets' leadership camp March 17-19.

MCJROTC teaches leadership

Lance Cpl. Brian A. Marion

Combat Correspondent

Marine Corps Junior Reserve Officer Training Corps cadets from Castle High School taught each other fundamentals about being a leader through exercises conducted here, March 17-19.

The base hosted a leadership camp to prepare cadets for their leadership academy, slated for late July.

The cadets maneuvered through the obstacle course, the rap-pel tower and attended a nuclear, biological, chemical class at Landing Zone Boondocker during the program.

“Our goal was to get them to work better as a team,” said Pete Thornton, a retired first sergeant serving as a Marine instructor, Castle High School. “Most of them aren’t used to living together, and it’s a rude awakening for them, learning to work and live with the same people. They’re used to things being their own way at home, and here, they have to work as a team.”

For three days, the cadets, their instructors and Marine vol-unteers worked together to help mold the cadets into leaders.

“The best part about being on a military base is being able to use active duty Marines as assistant instructors,” said Daryl Laninga, a retired major serving as the senior Marine instructor, Castle High School. “They provide examples for, and also serve as, mentors to the cadets. [The cadets] are much closer to the lance corporals in age than me, who has been in for 23 years, and can relate to them better. First Sergeant Thornton and I strive to show them the leadership principles applied by active duty Marines, and we couldn’t get that outside of a military base.”

During one evening, the cadets practiced drill, performed rifle manual maneuvers, learned how to be in a color guard and performed a gong show, a show where they imitated an instruc-tor or a Marine.

“The cadets had fun at the landing zone, the gong show, and they had chance to do what they wanted instead of being told what to do,” said cadet 1st. Sgt. Vania Urata, company first ser-geant, MCJROTC, Castle High School. “For some of the cadets, rappelling was the most difficult part of the camp. Some of them are afraid of heights and for the males, some were worried about the Swiss seat they used to rappel.”

Everyone, including the Marine volunteers, learned some-thing, whether it was leadership, self-discipline or a new way to conduct a camp.

“It was a good learning experience for myself and the other enlisted Marines, as well as the cadets,” said Cpl. Marie Hendrix, S-1, Headquarters Company, Headquarters Battalion, who vol-unteered as a cadet handler. “We had fun, and we learned self-discipline. Volunteering with the cadets helps you to know yourself better. You get to look back at times when you were that age and see how you’ve changed over the years. Now you have the ability to influence their lives.”

Even though the cadets learned about leadership principles, they recognized the need to work on other areas as well.

“We have to improve our work on the younger cadets,” Urata said. “We have to show them how to properly greet superiors. Before we didn’t show or teach the cadets how to properly greet them, and we will work on it. We will then take parts of this camp and previous camps to make this year’s leadership camp better than last year’s.”



Cadets from Castle High School's MCJROTC negotiate an obstacle on the obstacle course while other cadets wait behind them. The Marine instructors from Castle High School told the cadets to negotiate the obstacles as a team instead of individually.



Photos by Lance Cpl. Brian A. Marion

Castle High School's Marine Corps Junior Reserve Officer Training Corps cadets sight in with various small-arms weapons at 3rd Marine Regiment's Indoor Simulated Marksmanship Trainer here March 19. The cadets could fire the weapons in any of the four firing positions.



Cadet 1st. Sgt. Vania Urata, company first sergeant, MCJROTC, Castle High School, puts her hand out to catch the foot of another cadet as he tries to negotiate an obstacle at the obstacle course here March 18.

SPOTLIGHT

ON SPORTS

— SPORTS BRIEFS —

Surf & Turf Race

The Headquarters Battalion Surf & Turf 5k is Saturday at 7 a.m. The scenic course goes through Klipper Golf Course to North Beach. Cost is \$20.

For more information or to register, call 254-7590, visit the Semper Fit Center here, or log onto <http://www.mccs.hawaii.com/cgfit.htm>.

Beginner Outrigger Canoe Paddlers Wanted

Windward Kai Canoe Club in Kailua recently provided beginner outrigger canoe paddling classes for Marines from Marine Corps Base Hawaii.

Several Marines are now training for the summer racing season. WKCC practices at Kailua Beach and welcomes active duty and family members (18 and over) to participate in this Hawaiian sport and culture.

The club is especially seeking to field a beginner women's crew to race this summer. No experience is necessary and all training and equipment are provided.

For more information, call Derrel at 383-0400 or Greg at 255-9977.

Youth Soccer Registrations Begin

Registration for youth soccer leagues offered by the Office of Youth Activities will be held April 1-31. The leagues are open for base youth ages 5-17. Games will be played on weekends on base as well as interplay with Pearl Harbor and Hickam teams in the Hawaii Military Youth Athletic Association. Each team will receive a minimum of eight games.

Practices are slated to begin June 2. Games start June 28 and continue through August 15. Players will get a team jersey, shorts, and socks which they can keep at the end of the year. Volunteer coaches are needed. Coaches will receive a discount if they have a child in the league.

The cost for the league is \$65. Players must also be current Children Youth Teen Program members. To register, come by the Youth Activities Office located in building 1090, behind Papa John's Pizza and the Annex.

For more information contact Youth Activities at 254-7610.

Women's Base Softball Team

The women's base softball team is looking for players. Anyone interested can attend their practice every Thursday from 6 to 8 p.m., at the Annex Softball field.

For more information, contact Meghan Brophy at 254-7590.

All-Marine Women's Softball

The All-Marine Women's Softball coach will be here from April 29 through May 5. He'll be looking for players for the All Marine team.

For more information, contact Meghan Brophy at 254-7590.

Coaches' Meeting

The organizational softball coaches meeting will be held April 8 at 2 p.m., in the Semper Fit Center's basketball gym.

For more information, contact Joe Au at 254-7591.

Goju-Kan Karate

Aspiring martial artists can participate in Goju-kan Karate Monday, Wednesday and Friday at 5:30 p.m. at Building 1090's multi-purpose room (the old Base Chapel).

Sign up at Youth Activities, or call 254-7610 for more information.

Youth Gymnastics/Dance Class

Youth of all ages can attend gymnastics and a variety of dance classes Monday through Saturday at Building 1090. Classes are at varying times in the morning, afternoon and evening, so interested parents and youth should stop by Youth Activities for more information. Classes include dance, hula, tumbling and more.

For more information, call 254-7610.

Parents for Fitness

The Parents for Fitness Program is a cooperative babysitting effort available at the Semper Fit Center, here for all active duty service members and their families. The PFFP participants are required to volunteer babysit three times per month and is open for children 6 weeks and older.

For more information, call 664-0184.

Deep-Sea Fishing Charters Offered at Base Marina

Fishermen searching for convenient access to deep-sea charters need look no further than the Base Marina. Bill Collector Fishing Charters offers numerous charter packages accommodating up to six passengers.

Avoiding the traffic and crowd of Oahu's South Shore, Bill Collectors charters fish from the uncrowded waters of Windward Oahu.

For more information or to charter the Bill Collector, contact the Base Marina at 257-7667 or 254-7666.

2008 Intramural Baseball Standings

TEAM	WINS	LOSSES	TIES
MAG-24	7	1	1
3RD RADIO BN	6	1	
CPRW-2	6	4	
CSSG-3	4	5	
CMO	3	5	
HQBN	2	8	1
1/12	1	5	

Standings as of March 24



2008 Intramural Basketball Playoffs



Flying high



Petty Officer 1st Class Dave Revay, instructor, Center for Naval Aviation Technical Training, flies a 'Curious George' kite with his four-year old granddaughter, Anaya Tamez at the Annex Field here, Wednesday. Sunny skies allow for the base's residents to enjoy the outdoors year around, and kite flying enthusiasts can often be found on the base's sports fields.

Lance Cpl. Regina A. Ruisi

HEALTH AND WELLNESS

Cold medicines for youth: What's the risk?

News Release
Mayo Clinic

The common cold is a nuisance, but over-the-counter cough and cold medicines can help your child feel better, right? Think again. Cough and cold medicines aren't recommended for children younger than age 2, and the jury is still out on whether cough and cold medicines are appropriate for older kids. So what's the best way to treat a child's cold? Here's practical advice from Jay Hoecker, M.D., a pediatrics specialist at Mayo Clinic, Rochester, Minn.

What's the concern about cough and cold medicines for kids?

Over-the-counter cough and cold medicines won't cure a common cold or make it go away any sooner. In fact, cough and cold medicines haven't been proven effective for children. And there are serious risks to consider.

For example, the sedating effects of antihistamines can be dangerous for kids already having trouble breathing.

For young children, an accidental overdose of cough or cold medicine could be fatal.

The Food and Drug Administration (FDA) encourages parents to avoid cough and cold medicines for children younger than age 2.

What if cough and cold medicines seemed to work for my child in the past?

Chances are, your child's signs and symptoms simply improved on their own or the sedating effects of the medication made you think that your child was feeling better.

Low-grade fevers don't need treatment, and research shows that cough and cold medicines for kids are no more effective than a placebo.

Are cough and cold medicines a problem for children older than age 2?

Older children aren't as likely as younger children to experience side effects from cough and cold medicines, but side effects are still possible. Some cough and cold medicines may make kids sleepy, while others may have the opposite effect. Even then, remember that cough and cold medicines can't make a cold go away any sooner.

Experts from the FDA are studying the safety and effectiveness of cough and cold medicines for children older than age 2. In the meantime, if you choose to give cough or cold medicines to an older child, carefully follow the label directions.

What about antibiotics?

Colds are caused by viruses, so antibiotics won't help. And the more your child uses antibiotics, the more likely he or she is to get sick with an antibiotic-resistant infection in the future.

Can any medications help treat the common cold?

An over-the-counter pain reliever such as acetaminophen (Tylenol, others) or ibuprofen (Motrin, others) can reduce a fever and ease the pain of a sore throat or headache. Remember, however, low-grade fevers don't need treatment. If you give your child a pain reliever, follow the dosing guidelines carefully.

Don't give ibuprofen to a child younger than age 6 months, and don't give aspirin to anyone age 18 or younger. Aspirin has been associated

with Reye's syndrome, a rare but potentially fatal illness.

Also treat herbal or alternative remedies for the common cold with a dose of caution. Few studies have been done on the effect these products may have on children. If you want to give your child an herbal or alternative remedy, consult your child's doctor first.

How can I help my child feel better?

There's no cure for the common cold, but you can help your child feel better while he or she is toughing it out.

- ♦Offer plenty of fluids. Liquids

can help loosen the congestion, and coughing can help clear the mucus from your child's airway. Offer water or juice. Serve chicken soup for dinner.

- ♦Encourage rest. Consider keeping your child home from school and other activities if he or she has a fever or bad cough.

- ♦Moisten the air. Run a humidifier in your child's room to help soothe irritated nasal passages. Aim the mist away from your child's bed to keep the bedding from becoming damp.

To prevent mold growth, change the water daily and follow the manufacturer's instructions for cleaning the unit. Steam from a hot shower may help, too.

- ♦Try saline drops. Saline nose drops can loosen thick nasal mucus and make it easier for your child to breathe. Look for these over-the-counter drops in any pharmacy.
- ♦Soothe a sore throat.

For older children, gargling salt water or sucking on hard candy or cough drops may soothe a sore throat.

When should I call the doctor?

Most colds simply need to run their course. It's important to take your child's signs and symptoms seriously, however. If you have a baby who's younger than age 3 months, call the doctor at the first sign of illness. For newborns, a common cold can quickly develop into croup, pneumonia or another serious illness.

Otherwise, call the doctor if your child:

- ♦Isn't urinating as often as usual
- ♦Has a temperature higher than

103 F (39.4 C) for one day

- ♦Has a temperature higher than 100 F (37.8 C) for more than three days

- ♦Seems to have ear or sinus pain
- ♦Has yellow eye discharge
- ♦Has a cough for longer than one week

- ♦Has thick, green nasal discharge for longer than two weeks

Seek medical help immediately if your child:

- ♦Refuses to accept fluids
- ♦Coughs hard enough to cause vomiting or changes in skin color
- ♦Coughs up blood-tinged sputum
- ♦Has difficulty breathing or is bluish around the lips and mouth

What's the best way to prevent the common cold?

The common cold typically spreads through infected respiratory droplets coughed or sneezed into the air. The best defense is plenty of soap and water.

- ♦Keep it clean. Teach your kids to wash their hands thoroughly and often. When soap and water aren't available, provide hand wipes or gels that contain germ-killing alcohol. Keep toys and common household surfaces clean, too.

- ♦Cover up. Teach everyone in the household to cough or sneeze into a tissue — and then toss it. If you can't reach a tissue in time, cough or sneeze into the crook of your arm.

- ♦Don't share. Avoid sharing utensils, drinking glasses, washcloths, towels and other items that may harbor germs. To prevent confusion, you might want to specifically mark these items for each member of the family.

- ♦Avoid anyone who's sick. This is especially important during the first few days of a viral illness, when the person who's sick may be most contagious.

For parents and children alike, simple preventive measures can go a long way toward preventing the common cold.

What 30 minutes of aerobic exercise daily can do

Explore the many benefits of aerobic exercise, from increased energy and improved stamina to disease prevention.

News Release
Mayo Clinic

Investing 30 minutes a day in aerobic exercise such as walking, bicycling or swimming can help you live longer and healthier. In fact, aerobic exercise may be the magic bullet you've been looking for.

Take a look at the health benefits associated with aerobic exercise. See how aerobic exercise affects your heart, lungs and blood flow, and get motivated to reap the rewards!

How your body responds to aerobic exercise

During aerobic exercise, you repeatedly move large muscles in your arms, legs and hips. You'll notice your body's responses quickly.

You'll breathe faster and more deeply. This maximizes the amount of oxygen in your blood. Your heart will beat faster, which increases blood flow to your muscles and back to your lungs. Your small blood vessels (capillaries) will widen to deliver more oxygen to your muscles and carry away waste products, such as carbon dioxide and lactic acid. Your body will even release endorphins, natural painkillers that promote an increased sense of well-being.

What aerobic exercise does for your health

Regardless of your age, weight or athletic ability, aerobic exercise is good for you. As your body adapts to regular aerobic exercise, you'll get stronger and more efficient. Consider some of the many

ways that aerobic exercise can help you feel better and enjoy life to the fullest.

Regular aerobic exercise can:

- ♦Reduce health risks. Aerobic exercise reduces the risk of many conditions, including obesity, heart disease, high blood pressure, type 2 diabetes, stroke and certain types of cancer. Weight-bearing aerobic exercises, such as walking, reduce the risk of osteoporosis.

- ♦Help you manage chronic conditions. Aerobic exercise helps lower high blood pressure, control blood sugar and relieve chronic muscle pain. If you've had a heart attack, aerobic exercise can help prevent subsequent attacks.

- ♦Keep excess pounds at bay. Combined with a healthy diet, aerobic exercise can help you lose weight — and keep it off.

- ♦Ward off viral illnesses. Aerobic exercise activates your immune system. This leaves you less susceptible to minor viral illnesses, such as colds and flu.

- ♦Keep your arteries clear. Aerobic exercise increases the concentration of high-density lipoprotein (HDL, or "good") cholesterol and decreases the concentration of low-density lipoprotein (LDL, or "bad") cholesterol in your blood. The potential result? Less buildup of plaque in your arteries.

- ♦Strengthen your heart. A stronger heart doesn't need to beat as fast. A stronger heart also pumps blood more efficiently, which improves blood flow to all parts of your body.

- ♦Boost your mood. Aerobic exercise can ease the gloominess of depression and reduce the tension associated with anxiety, as well as promote relaxation.

- ♦Increase your stamina. Aerobic exercise may make you tired in the short term. But over the long term, you'll enjoy increased stamina and reduced fatigue.

- ♦Stay active and independent as you get older. Aerobic exercise keeps your muscles strong, which can help you maintain mobility as you get older. Aerobic exercise also keeps your mind sharp. Researchers say that at least 30 minutes of aerobic exercise three days a week can reduce cognitive decline in older adults.

Need more convincing? People who engage in regular aerobic exercise appear to live longer than those who don't.

Start Slowly

Check with your doctor before you begin to exercise. Once you have your doctor's OK, start slowly. You might walk five minutes in the morning and five minutes in the evening. The next day, add a few minutes to each walking session. Pick up the pace a bit, too. Soon, you could be walking briskly for 30 minutes a day — and reaping all the benefits of regular aerobic exercise.

Other options might include cross-country skiing, aerobic dancing, swimming, stair climbing, bicycling, jog-



File image



File photo



Lance Cpl. Brian A. Marion

James Newman, catcher, Headquarters Battalion Warriors, keeps his eye on the ball while waiting for a pitch during an Intramural Baseball League regular season game at Riseley Field here Monday. The Warriors lost to the Commander, Patrol and Reconnaissance Wing 2 Prop Guns, 5-4. Although the Warriors lost the game they are looking forward to the upcoming playoffs.

BUZZ, from C-1

The Warriors attempted to rally in the bottom of the first, but they were unable to make it through the Prop Guns’ defense.

Both teams stepped up their defense in the second and third innings, but errors in the top of the fourth gave the Warriors a fighting chance to even the score.

Eric McKay, right fielder, Warriors, ran in their first run of the game, and he was quickly followed a play later by Travis Grenlund, second baseman, giving the Warriors their second run of the game and bringing the score to 3-2.

The Prop Guns weren’t taking this scoreboard infringement lying down though. In spite of the Warrior’s best

efforts to go into the fifth trailing by one run, Casten Santoyo, left fielder, scored another run for the Prop Guns, bringing the score to 4-2 at the top of the fifth.

“It’s a whole new ballgame now boys,” said Romeo Ibrao, Warriors coach. “It’s the top of the fifth, and we are still in it. Lets go out there and get more people home.”

In a flurry of activity, the Warriors’ offense drove Bradley Rich, pitcher, and James Newman, catcher home to tie the score at 4-4.

The Warriors’ defense kept the pressure on the Prop Guns, and kept them from scoring until the seventh inning.

The Warriors tried to score more runs in the top of the seventh, but were unable to touch home plate again.

With second and third base occupied in the bottom of the seventh, the Warriors’ defensive players held a small conference in the infield and decided to walk Scotty Lemcke, third baseman, bringing up Jeff Daniels, pitcher, who hit the ball in-between first and second base, allowing Hubbard the ability to score.

The Prop Guns won the game, 5-4.

Although the Warriors lost the game, Ibrao knew his team played well and is looking forward to the playoffs.

“We played one hell of a ballgame,” Ibrao said to his team after the game. “You all are starting to play as a team and when you start playing as a team you will star winning. We are starting to come together, and it’s just in time for the play-offs.”

TRAINER, from C-1

Campbell said he enjoys working at the Semper Fit Center for various reasons.

“I like being able to focus on working with people,” he explained, “instead of pushing products and trying to gather memberships like you’d normally have to at other gyms. And I see a lot of young guys here that would gain a lot from having someone guide them and coach them – I was that guy once. Plus, you have a level of leniency, like if someone cancels their appointment I can go walk around the gym and see how other clients are doing or if they need any help.”

Campbell remembered a client during his career as a personal trainer that still inspires and reminds him of his passion for the profession.

“A few years ago,” he recalled, “I had a lady who had just got off of a wheelchair about six months ago. She couldn’t really do much physically, and after a year of working out she was able to climb ladders, move around with ease – even lay tiles with her husband. It made an impact on me, I was very proud of that, and it reminds me to approach people with physical limitations differently. It’s more challenging, but much more rewarding.”

One of Campbell’s coworkers credits his success as a trainer to his extensive knowledge on physical fitness.

“He’s awesome,” said Leslie Pokorski, personal trainer, Semper Fit Gym, as Campbell blushed. “He’s on top of his game – he knows what he’s talking about, and I’d recommend anyone, young or old, to him because he’s so versatile.”

Campbell said he tailors workouts to specific needs, whether it’s basketball, football or even bodybuilder training.

“If someone comes to me for basketball beneficial workouts,” said Campbell, who’s placed three times in the top three for the “Mr. Hawaiian Islands” bodybuilding competition, winning once and placing second and third respectively, “I’ll base them around speed, with strength training secondary, where as someone training for football I’ll usually, depending on position, have them train for explosiveness or, if they’re a lineman, power.”

One of the best benefits is that Campbell’s services are free to active duty, and only \$5 for contractors and family members. For more information call the Semper Fit Center at 254-7597.

AROUND THE CORPS

Engineers host St. Patrick’s Day Games at Lejeune

Lance Cpl. B.A. Curtis
2nd Marine Logistics Group

MARINE CORPS BASE CAMP LEJEUNE, N.C. — Marines from 8th Engineer Support Battalion, 2nd Marine Logistics Group, held a St. Patrick’s Day Field Meet, here, March 18.

The field meet was a way for the Marines and Sailors of 8th ESB to celebrate the life of St. Patrick, the patron saint of engineers. Patrick is credited with fostering the development of clay buildings and masonry in Ireland.

“Every St. Patrick’s Day engineers take time out and remember their heritage,” said Lt. Col. Daniel P. O’Hora, commanding officer, 8th ESB, 2nd MLG. “The field meet gives us the opportunity to do that.”

Nine events made up the field meet, pitting five of the battalion’s companies against each other in competition. Events included a one-mile relay race, a blarney stone toss and various events that pertained to the engineers’ military occupational specialties.

“We are naturally competi-

tive,” said Sgt. Charles Flynn, with the battalions Motor Transport Section. “This competition allows us to get away from our regular work day and participate in some motivating P.T. You also get part of the day off and some good chow.”

The competition was held at a time when the battalion was reunited after deployments and at its full strength.

“This has been the first time in a year where we have been able to get the battalion together as a whole,” O’Hora said.

At the end of the day the battalion held a cook out where Marines conversed while enjoying lunch.

“No matter where I am, whether in combat or here, I always look forward to celebrating St. Patrick’s Day with my fellow engineers,” O’Hora said. “It’s part of our tradition.”



The blarney stone looms over a crowd of onlookers during the St. Patrick’s Day Field Meet, here, March 18.

Lance Cpl. B.A. Curtis



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